

June 2014

**Centennial Hills Active Adult Center 50+**

**6601 N. Buffalo Drive (702) 229-1702**

**Monday-Friday, 8 a.m. - 6 p.m.**

**Registration for all activities marked with a (+) begins Monday, May 19.**

**CLASSES**

**CHAAC Book Club**

June Book: The Orphan Train by Baker Kline  
July Book: Language of Flowers by Diffenbaugh  
Wednesday, June 4, 12:30 p.m., FREE

**Computer Basics (+)**

Tuesdays, June 10 - 24  
Noon - 2 p.m., \$30

**Country Line Dance with Linda**

Fridays, 9:30 a.m., FREE

**Digital Camera (+)**

Make an appointment for your  
one-on-one lesson with Rich on either a  
Monday or Wednesday.  
\$10 per lesson

**eBay Classes (+)**

Tuesdays, June 10 - 24  
2:30 - 4:30 p.m., \$30

**Indoor Golf Lessons**

Lessons will return in September

**Jewelry Design Class**

Thursdays, 9:30-11:30 a.m., FREE

**Knitting**

Wednesdays, 9 a.m., FREE

**Line Dancing**

Thursdays, 2 - 4 p.m., FREE

**Quilting**

Tuesdays, 8:30 - 11:30 a.m., FREE

**Tole Painting**

Wednesdays, 11:30 a.m., FREE

**Word/Excel 101 Part I**

Classes will resume in September.

**Word/Excel 101 Part II**

Classes will resume in September.

**Anything marked with a (+) requires  
advanced registration, which begins  
Monday, May 19.**

**SPECIAL EVENTS**

**Bunco (+)**

Let's play Bunco and enjoy a BLT.  
Wednesday, June 4, 10 a.m. \$5

**Healthier Living (+)**

This 6-week workshop will cover chronic illnesses such  
as diabetes, arthritis, heart disease and more.  
Fridays, June 6 - July 18, 9 - 11:30 a.m., FREE

**Movie - "3 Days to a Kill" (PG-13)**

Action/Suspense starring Kevin Costner  
Monday, June 9, 10 a.m., FREE

**Scrapbooking and Card Making**

Monday, June 9, 1 p.m., FREE

**Sharing Health & Wellness (+)**

Dr. Nash has developed a weight loss program that  
identifies five physiologic barriers for people to lose  
weight and keep it off; high blood pressure, high  
triglycerides, high cholesterol and type II diabetes.  
Tuesday, June 10, 9 a.m., FREE

**Red, White & Blue Luncheon (+)**

You'll enjoy brisket, corn off the cob, coleslaw,  
deviled eggs and dessert.  
Wednesday, June 11, 11:30 a.m., \$8

**Current Events Discussion Group**

Self-led, open-minded group meets the  
2nd and 4th Wednesday of each month.  
Wednesdays, June 11 and 25, 12:30 p.m., FREE

**Vegan and Healthy Eating (+)**

Learn how making small changes to your  
diet can make you feel better.  
Wednesday, June 18, 12:30 p.m., FREE

**One Equal Share, a Time Exchange (+)**

Learn how your talents and experiences can  
contribute to make a stronger community.  
Thursday, June 19, 9 a.m., FREE

**How the Mouth & Body are Connected (+)**

Learn to keep your mouth healthier, which relates to a  
healthier heart, better organ health and stronger bones.  
Friday, June 20, 12:30 p.m., FREE

**Bingo (+)**

Play Bingo and enjoy an ice cream cone cupcake.  
Thursday, June 26, 11 a.m., \$5

### **Bus Tour of the World Class City of Las Vegas (+)**

Join us for a bus tour of Downtown Las Vegas  
and the World Famous Las Vegas Strip  
aboard an open air double decker Big Bus!  
We will also be stopping for a sandwich lunch  
and a tour of City Hall.

Bring plenty of water and sunscreen!

Tuesday, June 17, 9:30 a.m. - 3:30 p.m., \$20

\*bus will depart and return to Lieburn Senior Center\*

### **Movie "Forks Over Knives" (+)**

"Forks Over Knives" is a  
documentary film that advocates a  
low-fat, whole-food, plant-based diet  
as a means of combating a  
number of diseases.

Following the movie, join our  
"Vegan and Healthy Living" chat.

Wednesday, June 18, 10 a.m., FREE

### **Health, Wellness & Community Assistance**

#### **Grief & Loss Support Group**

Tuesdays, June 10 and 24, 9 a.m., FREE

#### **Alzheimers & Dementia Support Group**

3<sup>rd</sup> Tuesday/month, June 17, 4 p.m., FREE

#### **Experts in Arthritis (+)**

Participants will learn about current scientific  
evidence and management strategies in the  
treatment and care of osteoarthritis and  
rheumatoid arthritis.

Wednesday, June 18, 1 p.m., FREE

#### **Medicare Special Needs Plans (+)**

Lee Jordan will lead this discussion on Diabetes  
Mellitus, Cardiovascular Disorders, Chronic  
Heart Failure and Chronic Lung Disorders.

Tuesday, June 24, 10 a.m., FREE

#### **AARP "Smart Drive" Course (+)**

Wednesday, June 25, 1-5 p.m.

\$15/AARP member or \$20/non-member

#### **Senior TOPS (Taking Off Pounds Sensibly)**

Thursdays, 9 a.m., First meeting is FREE

***Anything marked with a (+)  
requires advanced registration,  
which begins Monday, May 19.***

### **DAILY CARDS & GAMES**

*Due to other activities,  
please don't arrive more than  
15 minutes prior to the start of each  
game listed below.*

#### **Bridge (Party)**

Wednesdays, 2:30 p.m.

Fridays, 9:30 a.m. - 12:30 p.m.

#### **Chinese Mah Jongg**

Wednesdays, 2 p.m.

#### **Dominos (Mexican Train/Chicken Foot)**

Tuesdays, 12:30 p.m.

#### **Duplicate Bridge**

Wednesdays, 11:30 a.m. - 2:15 p.m.

#### **NEW! Euchre**

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of each month  
9 a.m. - noon

#### **Hand & Foot Canasta**

Fridays, noon

#### **Mah Jongg (National League)**

Mondays and Thursdays, 12:30 p.m.

#### **Pinochle**

Mondays, 9 a.m. - noon

Mondays, 2 p.m.

Tuesdays, 2:30 p.m.

#### **Poker**

Tuesdays, 1 p.m.

Thursdays, 11:30 a.m.

#### **Rummikub**

Thursdays, 1 p.m.

**All afternoon games  
must END by 5:30 p.m.**

Our annual membership fee is \$2 per year and includes access to all activities listed in this newsletter, some of which may have an additional fee. Through a partnership with the Centennial Hills YMCA, city of Las Vegas Centennial Hills Active Adult members have limited time usage of the cardio/weight room and the indoor lap pool. Pick up a fitness schedule at our front desk.

